

Food Labels

1. Serving Size

- The rest of the information shown on the food label refers to this amount of food.
- Food companies determine what the serving size is. This may not be a healthy amount for everyone.
- Note serving size and **servings per container**. This may be a smaller amount of food than you are used to eating.

2. Calories

- Check here for calories and calories from fat.
- Look for foods with lower amounts of saturated and Trans fats.
- Look for foods that are low in sodium.
- Look for foods that are high in dietary fiber.

3. Quick guide to % Daily Values (DVs)

- These %DVs are healthy when they range from 5% to 10% and are unhealthy when they are above 20% or more.
- Under 5% healthy**
- Over 20% unhealthy**

4. Nutrients

- These percents are healthy when they are above 18% and unhealthy when they are less than 5%.
- Higher the Better**

5. Footnote Reference

- These are the recommended amounts daily for 2,000 and 2,500 calorie diets.
- Your nutrition educator can help you determine the amount of calories you will need daily.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from fat 110	
% Daily Values*			
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Trans Fat 3g			
Cholesterol 30mg		10%	
Sodium 470 mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A		4%	
Vitamin C		2%	
Calcium		20%	
Iron		4%	
*Percent Daily Values are based on a 2,000 calorie diet.			
Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	75g
Dietary Fiber		25g	30g

**When counting carbohydrates, 1 serving = 15 grams of carbohydrates.
 2 servings = 30 grams of carbohydrates
 3 servings = 45 grams of carbohydrates
 4 servings = 60 grams of carbohydrates

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